



# Infant Crying

Learn about crying and how you and others caring for your baby can stay calm when your baby cries.

## Crying

Crying is a normal part of your baby's development and their primary form of communicating with you. Showing your baby love and care when they cry helps them feel understood and learn about the two-way nature of communication.

Your baby may cry for two to three hours every day, peaking between two weeks of age and five months of age. Through crying, your baby is learning how to get their needs met. They may cry for many reasons such as hunger, sleepiness, stomach gas, or a wet diaper. However, despite your best efforts to respond to your baby's needs and comfort them, they may continue to cry.

This can be difficult and lead to feeling exhausted, overwhelmed, frustrated, and even angry. These feelings are normal. Managing these feelings in healthy ways is essential to growing a healthy parent-child relationship and providing safety and stability for your baby.

## You Can Do This!

Use the back of this card to develop a plan for staying calm and share it with others caring for your baby. Ask them to develop a plan, too.

- Identify activities that usually help calm your baby.
- Recognize your signs of exhaustion, frustrations, and anger and write down activities that help you stay calm.
- Create a list of people you trust to reach out to for support.

It is okay to put your crying baby safely in their crib on their back or a safe place like their rocker and leave the room to calm down.

Stay within hearing distance of your baby or take the baby monitor with you.





## Things I Can Do To Calm My Crying Baby<sup>2</sup>

|           |          |                 |       |
|-----------|----------|-----------------|-------|
| Feeding   | Rocking  | Walking Around  | _____ |
| Swaddling | Cuddling | Changing Diaper | _____ |
| Burping   | Singing  | _____           | _____ |

## Things I Can Do To Stay Calm

|                    |                |       |       |
|--------------------|----------------|-------|-------|
| Deep Breathing     | Calming Music  | _____ | _____ |
| Exercising/Walking | Taking a Break | _____ | _____ |

## People I Can Reach Out To For Support

|                    |             |
|--------------------|-------------|
| Name _____         | Phone _____ |
| Name _____         | Phone _____ |
| Pediatrician _____ | Phone _____ |

Text “mt” to 741-741 or call 1-800-4-CHILD to speak to and receive assistance from a counselor



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1. Burr, R.G. (nd). *What is the Period of PURPLE Crying?* [Video]. Retrieved from <http://purplecrying.info/what-is-the-period-of-purple-crying.php>
2. Period of PURPLE Crying. (2020) Ten Tips to Soothe your Crying Infant. Retrieved from <http://www.purplecrying.info/sub-pages/soothing/ten-tips-to-soothe-your-crying-infant.php>